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USEFUL DISCOVERIES, AND PRACTICAL OBSERVATIONS, IN Some Late Remarkable Cures of the Scurvy.

By *E. Maynwaringe*, Dr. in Physick.

Cognitio Sequitur Curationes.

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To the Diſeaſed.

IN vain it is to Diſcourſe, and have the Notion of Diſeaſes; unleſs alſo efficacious Medicines be found out to anſwer their Indications for Cure: Which to do, is the moſt difficult and laborious part of Phyſick. And this we may conclude from the often fruſtration and diſappointment of Medicines in their effects, after Learned Conſultations, and deliberate Determination of the Diſeaſe, Cauſes, Part affected, &c. rightly ſtated.

Here is the great Check given to the Phyſicians Learning; and, until this tryal of the Medicine, he receives no repulſe, but goes on ſmoothly with Applauſe and boldly: but, finding his Medicine take little or no effect for the purpoſe intended, is then at a ſtand a while: But, being loth to receive a baffle from the Diſeaſe, does preſcribe another, and perhaps another after that, a fourth and a fifth, and ſometimes many more if the Diſeaſe be contumacious and ſtubborn: and this ſome will call a Methodical courſe of

Physick. But I shall not harp upon that string.

This Disappointment is too often observed in the practice of Physick, and this arising only from ineffectual, languid erroneous Medicines, and how does this come to pass? but that the care and burthen of this work rests upon those that are unable and unfit to manage it: or by trusting too much the credit of Authors and their traditional Medicines, either Galenical or Chymical; relying upon their authority, and the truth of their Writings, which have deluded and frustrated the expectation of many. And this I have observed in practical Authors and Pharmacopæas of both Sects, Medicines collected and borrowed from one another, and delivered thus from hand to hand, none knows who first invented them; or whether any of them ever made or tryed them, that highly extolls and gives large encomiums of their vertues.

That many of these are Delusions either in the process, or the efficacy of the Medicine, to my own cost and Labour, I have experimented, and must say with Helmont *that great Philosopher,* Vexatio parit intellectum *and therefore do Caution others, lest they suffer upon this Rock: but he that will purchase to himself excelling Medicines (being accomplished with literature, with the ground-*

work

work and Canons of the Art,) let him not tye himself up, or credit too much this or that Author, but follow the dictates of his own reason, confirmed and guided by collateral experiments; and herein a Physician daily exercised, shall in time attain to great knowledge and satisfaction in Medicine; and purchase to himself Medicaments of great worth and value: and this must be every Physitians proper Labour and daily endeavours, that rationally intends, and rightly goes about to improve and advance the efficacy and power of Medicines, that they may have their praise and fame in the World, and the Physician much satisfaction and content in their wonderful Operation. It is not, sitting in his Study alone, and poring upon Books, but his own manual Operation and Inspection over his Servants, that gives the great stroak to the business; the other does very little without this, but both, must needs do well: and I must say, and that justly, he that practiseth Physick, with a bare speculative, traditional, and book-reading knowledg of Medicines, is very unskilful in the true fundamental knowledg of Medicines; and is as unfit to prescribe or appoint Medicines in hazardous or difficult cases, as he that by only reading of Navigation, is unable to manage and conduct a Ship to East-India.

And

And this is reason to averr: for he knows not what a Medicine is, nor can he give a good and certain account upon his own knowledg, of the Nature of any Ingredient, but has all upon trust: This or that man says it; the conclusion will not handsomly follow, Ergo, *It is so. No Wise man that can gain a certain knowledg of his own, will borrow at hazard of another; considering the untruths and Errors that are scattered abroad in most Writings; that he which lives only by borrowing thus, shall run himself out of credit and Reputation in his Profession, if blind Fortune be not very much his friend.*

'Tis most certain and true, that the Ingredients of any Medicine are not known by reading of them, but by their single and compound preparation, and separation of their constituent parts: and thus by handling, and Chymically dissecting their bodies, each part lies bare, and presents it self to your understanding.

And farther; An Ingredient whether of the Animal, Vegetable, or the Mineral Family, changeth its Nature and Effect, according to the variation of its Consorts, with whom it is joyned: that it is not the same compounded with this, as it is with that but works a different effect; because many times they act upon each other, subdu-

ing

ing and moderating each others peculiar Nature, that a median nature does result: And therefore great care and knowledg in the Physician is required, about the choice and conjunction of Ingredients; that he be able to look through their several Natures, to find out their similitude and repugnancy; their concord and discord: for hereby is known what properties will be advanced, and what depressed: and this an able Chymical Physician can discern, as having a perspective thorow knowledg, the other is but Exterior and Partial: and as the composition of Ingredients may alter and change their Natures; so likewise their various manner of Preparation singly, do change an Ingredient, that it is made this or that, as a perite Artist pleaseth, exalting, or prostrating and killing this or that quality, as his purpose requireth.

And here by the way, I must take notice of the traditional and unprofitable account of Vegetables that our Herbals give; of which the Chymical Physician takes little notice, and is a small assistance and guide to him in the Election of Plants for his several Intentions. Being satisfied long since that Medicament was the most weighty and considerable part of Physick, and that a deficiency or error there, is a greater disadvantage

ta e and detriment to the Patient, then in the determination of the Desease; I di eagerly apply my self to Medicines (a cording to the ancient custom and general practice of the most learned and famous Physicians in all places; who e re industrious Artists, diligent in preparing their own Medicines, until this later age) with as much curiosity as my know ledg could possibly direct. At first I was de rous to mak Experiments, and be fully informed in Galenic *Medicines, being grounded upon those Principles by my* Academic Education, *and was tenacious enough of that Doctrine, un il a clea er prospect of truth did appear, gained by Observations in practical Philosophy, a serious ratiocination and strict examination of Principles and received Opinions: but being removed off that Basis, and confirmed by Chymical Tryals relating to Medicine; I deserted the* Galenic *Medicines as inferiour to what I dis overed and was presented to my view; and ever since have labored in Chymical Pharmacy, as being the most excellent way of preparing Medicines.*

Some Objections are made by the Learned, and by the Ignorant, against Chymical Medicines; but to v ndicate them from common slanders, and clearly to determine the difference between these and other Medicines, will take up more room than can be afforded in this

place,

place, and therefore must of necessity wave it, expecting an Opportunity hereafter, to ventilate that Subject: Only, by the way I must note that Chymistry suffers much, and is eclipsed in its reputation by some illiterate pretenders and bold fellows, not qualified Philosophically, but rudely intruding upon the Art, without a due preparation and legitimate induction brings scandal upon the learned, deserving Professors, and defamation to the Art, by Usurping the Title of Doctors and Chimical Phisicians, that many are deceived by them, which are not able to discern the difference between a Doctor of Physick, and a crafty Empyric. But the ingenious Philosophical Artist, ought to be cherished and incouraged in his Operations and rational Tryals.

But to my purpose intended in my Treatise of the Scurvy, having traced that Disease from its Infancy, and Generation, to its full growth and strength, its chief places of Residence, variety of appearance and monstrous deformity; it remains, I should now propose some effectual means to check and subdue the prevailing power of this spreading Disease, that daily grows, and encreaseth to the ruine and decay of Nature; being possessed and seated in the Vital Principles, reducing and Constraining them to enormity and defection from the regularity in which they were planted

ed by Nature. And having strictly surveighed the condition and nature of this Disease, with its variety of attendants and additional strength, being ready to joyn with any Morbific cause, and be transformed; I was unwilling to sit down here and rest with a contemplative knowledg of this Disease, and leave the greatest part of the work undone; the subduing and vanquishing of it by powerful Medicines: nor being willing to commit the remaining part to the industry and care of others (for good reason) I have therefore laboured to form Medicinal Instruments to oppose this Contumacious Herculean *Disease: and as fit means for this encounter, I prepared three Medicines of a different Classis and Operation, to meet with the variety of Symptoms, and Scorbutic Complications.*

In the Cure of the Scurvy, at least in most Scorbutic cases, there are three intentions of cure to be aimed at: the first is, Purgation or Cleansing to carry off that Scorbutic Impurity, or Degenerate Matter lodged in the Stomack and Bowels, depraving and alienating good food daily received: Secondly, roborating and strengthning the digestive Faculties which are debilitated and alienated from the integrity of their Offices; not only the Digestive Office of the Stomack, but the subsequent Digestions also: Thirdly, Depuration

of

of the Blood, and cleansing the habit of the Body: Nature dischargeth her self from within, and sending daily to the exterior parts, those also must be tainted more or les, as the Symptoms will manifest; and therefore do require to be freed from feculency, and the Blood purified.

To answer these three Purposes, I prepared three Principal Medicines, viz. *Scorbutic-Pills, Catholick-Elixir, and a Sudorific-Extract; These Medicines I have been reforming and improving alwost seven years, to advance their Efficacious, but most gentle and benigne Operations.* Dies diem docet. *And for the better effecting this endeavour, and aim the constant and daily use of them in divers Scorbutic persons, attended with different Symptoms of the Disease, and complicated with divers other Diseases, gives great information and satisfaction to me, in the several accounts I receive of their Operations, both at home, and abroad, by Letters from remote parts of this Kingdom: whereby I am taught, which way and wherein 'tis possible to improve them and to give them as great a Latitude of Universality and extent of Operation, in their peculiar Classes, as long experience and daily use, can dictate to their several repeated processes and try-*

Nihil est simul & inventum ac perfectum.

a's

als of making, and this is my Study and daily experience in Chymical tryals to improve these and all other Medicines I use in my Practice, that they may attain to such perfection and energy, as Cito, tuto jucunde, *to relieve the Diseased, in the most contumacious Maladies, and deplorable Cases, remediable: hereby Medicines will gain greater esteem, and the Art its deserved repute and Fame, if Physicians by their own care and pains (as they ought) would manage this Work, and be as Industrious and skillful in this, as in the other parts of their Profession.*

But occasions call me off from this Discourse: I must hasten to finish the remainder, which is a more particular account of the Operation of Medicines in the Cure of this Disease; with some remarkable Observations in difficult Cases and dubious Complications, I have met with lately in Practice, of necessary Consideration to others in like manner Diseased.

London E. M.
From my House
in *Clarken-well-Close.* *Med.* D.

Of such Purgation and proper Purgatives, as is requisite in Curing the Scurvy.

PUrgation or Clensing is præmitted as a regular and due course in the cure of most Diseases; and it is instituted, chiefly to cleanse the first region of the body, and to carry off what superfluous or degenerate matter is to be voided by the gutts: And this operation is necessary in the cure of most Diseases, though seated in other parts; for, although the infirmity lye not in the first region of the body, neither in the Stomack, Gall, Gutts, Mesentery, Liver, ror Splene; yet 'tis aggravated, if those parts be foul: and probably may be the original and foundation of those remote Infirmities, by consent or transmission; nor shall medicine carry its vertue without impediment and abatement, or food clearly conveyed to nourish the body, if

hose parts be foul, clogged and obstructed.

Now to make choice of a fit and good Medicine, that will cleanse the Stomack, Gutts, Mesentery, Liver, and Spleen, without offering injury to their peculiar Crasis or Ferments; that is, not to alienate them from their proper distinct natures, not to impress and stamp new qualities upon them; this is a Medicine you may freely use, and expect great relief from, in keeping the forenamed parts pure and clean; and such a Medicine is to be used in the cure of scorbutic persons: but if you use Purgers of a deleterious and virulent quality, that act *per modum veneni*; they will characterise their virulencies, and exotick adverse properties upon the parts, alienate and debilitate the ferments in their Functions and Offices; and the often use of them impairs Nature very much, though for the present sometimes alleviation does acrue from the evacuation procured, though by bad means; and of this nature, are most of the Purgers in use, as *Senna*, *Coloquintida*, *Rhubab*, *Hellebore*, &c, having a laxative venom that stimulates Nature to expulsion.

Since

Since Purgation is thus neceſſary, and purgatives ſo choiſely to be elected and choſen, not every medicine that cauſeth ſtools, but ſuch as is alſo endowed with balſamic and amicable properties, no way injurious to nature; I have therefore been a diligent Searcher and Improver of ſuch a Medicine, that may anſwer the intentions propoſed: and by degrees of improvement in ſome years time, by various alterations and tryals, have perfected a purgative vegetable Extract, that fully ſatisfies and pleaſeth me, in its manner of operation and effects: and this Medicine is my Scorbute Pills, ſo called, becauſe primely intended and contrived for the moſt efficacious purgativemedicine in all Scorbutic Caſes. Now the Scurvy (as appears in the former part of that Book) is complicated and joins with all manner of diſeaſes, Scorbutic Dropſies, Scorbutic Feavers, Aſthmaes, Palſies, Gouts, Scorbutic Conſumptions, *&c.* that a particular medicine for this or that humor, being too narrow, and not adæquate to the latitude of the diſeaſe, will take no effect in many Scorbutic perſons: but ſuch as are radical and graduated in univerſality, are the pow-

erful and laudable medicines; I have therefore framed and improved this Medicine to answer the intents of Purgation, in all Scorbutick persons and cases, and is the best purgative medicine, both in the manner of operation, andthe effects, that ever I used, or read of.

For farther satisfaction, and proof of this, I shall give you some brief Account of these Pills from my own experience and observation, in divers cases upon several of my Patients.

They are effectually used against the defects and errors of digestion in the first, second and third office: in the first, namely in all diseases of the stomack requiring purgation and cleansing downwards, and the bad symptoms arising from thence; as Oppression, Fulness, Nauseating, Wind, Pain or Griping, Worms, loss of Appetite; in all these cases this medicine is very proper to cleanse and discharge the stomack, make it clean and fit for the reception of wholesom food, & not till then can you expect good nourishment: if the stomack be foul, the nutriment conveyed from thence to support and maintain the body, must also be vitiated and impure. And here I must relate to you what hapned to a Gentle-

Gentlewoman that had been long in a Scorbutic Atrophy (a Consumption arising from the Scurvy) for some years, but not discovered; she was observed to droop and decline, and her Complexion change, and yet she complained not of pain in any part; she slept indifferently, but had little or no appetite to meat. Several conjectures there were concerning the cause of her languishing by Physicians, and others her Friends, some said one thing, others another; try'd this medicine, then that; but all this while received no help: at last, she applyed to me, and upon examination of the whole matter, I found her to be Scorbutical: I gave my judgment of her present state and condition, how and from what causes procured, and a Prognostick what whould follow if not prevented: whereupon she willingly resigned her self to my care, and to do what I thought fit, to restore her.

At first I appointed her to lay aside her Dyet-drinks, Restaurative Electuaries and Potions (with which she had been loaded again and again) and to rest Ten dayes before I would give her any thing of Physick; in the interim to

eat such meat as her stomack did like and best agree with, which pleased her well, she having been strictly tyed up to a Diet at Ten dayes end I gave her a Dose of these Scorbute Pills, one over night, and two next morning, which workt six times very gently with her that day; the night following she slept well, and the next morning I appointed her to take a Dose of my *Catholic Elixir* sixteen drops in a spoonful of Sack, and likewise three mornings following, but increasing two drops every morning: her stomack now was something better, and she more lively: The fifth day I ordered her a Dose of the same Pills, which operated much as the former: and brought away two worms; four days following she took the *Elixir*, and the fifth, a dose of the Scorbute Pills; & thus intermittingly she used these two medicines for the space of six weeks. At a fortnights end, her stomack was much better both for appetite and digestion; at the months end she was stronger and well able to go, very chearful, and eat her meat with delight; her Complexion altered much for the better, and about the sixth week she improved in flesh, and began to be something plump and full; then I bad her

her desist from her Pills, but continue the *Elixir*, which so strengthened the digestive faculties, that she daily improved, grew strong, and in a short time obtained perfect health.

To reflect upon this Story: Here was a latent Scorbutic Impurity that deaded the appetite, and what was forced down the stomack, did not digest, but degenerate; so that the body could not thrive, nor had the benefit of that little food received: but this vitious matter being carried off by a proper medicine, and the loaded tyred parts refreshed and relieved by a generous spirituous Medicine; nature then revives and returns to her wonted duties, with that strength and regularity as formerly. I might instance in many cases parallel to this that I have met with in Scorbutic Patients; but I must be brief and proceed.

Not only in Diseases of the stomack, but also in the subsequent Digestions; I have found these Pills most effectually Abstersive and Aperitive, opening Obstructions of the Liver and Spleen, Mesentery and Gutts; exonerating and discharging those parts of crude, coagulated, depraved fermenting matter, from whence arise pains and flatulent humors

mors of those parts, Cachexies, or ill habits of body, Fluxes, Colicks, Hypochondriac Melancholy, *&c.* and here I must relate the case of a Patient, pertinent to this place, worth your observation, which was thus. A Gentleman, aged between Thirty and Forty, something studious and melancholy, complaining of pain sometimes in his left side under the short Ribs, sometimes in the other side opposite to it; sometimes he was Costive, a stool once in two or three dayes; sometimes Laxative, two or three stools in a day with some gripes and wind, his Belly often puffed up and distended, at which times he complained of a shortness of breath, streightness over his Breast, and difficulty of breathing like one that is Asthmatick: in the night often afflicted with frightful dreams and Palpitations of the heart; after this manner (with other Circumstances which I omitt) he continued for the space of four years or there abouts; all which time he was not negligent in procuring help, nor sparing of his Purse (having wherewith to do it) but applyed himself here and there for advice; some was of one opinion, another of a different judgment; and having tryed

variety

ariety of medicines with little ſucceſs, vas tyred, and reſolved to ſit down ontented with his infirmities, and gave ver Phyſick nere ſix months: But neeting with one, formerly a Patie: t of nine that I had cured, (though a diffe- ent caſe) encouraged him to come to ne, or acquaint me by Letter firſt vith his condition: whereupon he vrote to me (living at a great diſtance) nd gave me a full Relation of his caſe, lefiring my advice and aſſiſtance the: ein, ubmitting to what courſe I ſhould ap- oint him: I conſidering the whole ſto- y, I was ſufficiently ſatisfied of the Diſeaſe, that he was deeply ſeiſed with he Scurvy, as the Syndrome and Con- urrence of ſymptoms did certainly diſ- over. Whereupon I ſent him my Trea- iſe of the Scurvy, to contemplate his Diſeaſe at large, and to be uſeful to him as a Guide, with a Box of Scorbute Pills and an *Elixir*; and bad him proceed in the uſe of them according to Directi- ons; which he did for Three weeks, then gave me an account, that the vio- lence of his Diſeaſe was much abated, the Symptoms more mild and eaſie, and not ſo frequent: thoſe nights he took a Pill, he ſlept more quietly then at other times;

in his ſtools came away little lumps of a ſlimy jelly of a dark colour, or blackiſh, after which he was much at eaſe; his Belly and Hypochonders were more flat and ſoft; that ſince his Phyſick, ſome dark ſpots appeared in ſeveral parts of his body, with a moiſture upon his skin as enclining to ſweat ſome nights, but chiefly towards morning: This I liked well; and farther, appointed him the Sudoriſick Medicine hereafter mentioned, to help forward and procure breathing Sweats twice in the week, which I judged to be of great advantage to him: this he diligently performed ſeven or eight times, until the ſpots vaniſhed; and then his ſpirits were more brisk and chearful, and more fit for buſineſs, having thrown off that impure matter, and diſperſed the Cloud of Scorbutic vapours that clogged and darkned his ſpirits; his ſleep now was quiet, and (to be ſhort) the ſymptoms that formerly moleſted him did not appear, but was reduced beyond expectation. I gave him ſome cautions and advice, leſt he might relapſe, which he punctually obſerved, and ſtood firm for ſeven or eight months after: Since, I hear nothing of him, but ſuppoſe him to be well, for

for which he was not ungrateful.

I might Comment largely upon this case, and illustrate the Scurvy in the several Symptoms, though disguised by various names usually given, not respecting the causes: but I pass on.

I have yet a farther Account of these Pills, how, and in what principal Cases I have used them successfully; for diseases and infirmities of the Head, so accounted though arising from inferior parts most often; as Apoplexy, Epilepsies, Convulsion, Palsies, Vertigoes, Soporiferous and drowsy Infirmities, Rheums, Head-aches, *&c.* This Medicine is profitably used, by Eradicating their causes, that require Abstersion and Evacuation in the lower Regions of the Body. Diseases ascribed to the Head, though appearing there, yet for the most part do arise from inferiour parts, occasioned by their Impurities, Obstructions, and Disorder; for one that is Idiopathically Afflicted, ten are Sympathically affected by consent of parts, and transmission of some Morbifick matter thither: the Disease appears in one part, but the foundation and cause is Radicated in another, and to that part must the cure be directed.

And

And therefore, if well observed, we frequently meet with Scorbutic Palsies, Scorbutick Convulsions, Apoplexies, Sleepy Diseases, pains of the head Giddiness, trembling of the Nervs, Deafness, dull Sight and Blindness; and all these arising from the Scurvy or Scorbutick impurity of the body oftentimes, and these are not cured but by Anti-scorbutic Medicines; and those that endeavour otherwise with their Specificks and appropriate Medicines, to the parts where such Symptoms and Diseases do appear, labour in vain, and are frustrated in their intended Cures.

I might instance in many more cases wherein this Medicine hath done me good service, but that would be too tedious to relate: therefore in general I must say, for Sorbutic persons, and the various Symptoms that attend that Disease, whether in this part, or that part; these Pills are the best Absterfive and Purgative Medicine I ever made use of, being so amicable and friendly to nature, in their Operation, performing with so much ease and gentleness, that I have given them to the weakest bodies with good success, proportioning the dose according to the ability of the body.

I shall here set down the Dose and Circumstances that belong to the taking of these Pills.

The ordinary Dose for man, or woman, is three Pills; some Bodies (though very seldom) require four: and sometimes two Pills is sufficient, for weak bodies, and such as work freely with a small matter.

So much difference there is in bodies for purging, that two of these Pills are sufficient for some; but most commonly three Pills are required, seldom four: therefore try your body first, with a lesser Dose then, if it require more, you may add to the next; and in so doing you will not err. For example, If you have a stubborn body, difficult and hard to purge, and the first Dose works but little, the next Dose you may take one Pill more: but if you have a lax gentle body freer in Operation than you expected, then abate a Pill, if the first work too nimbly with you. The difference of bodies is such in Operation, (especially purging) that they require a different Dose, or quantity for their proportion, which cannot so exactly be determined and appointed by the præscience

Tutius est peccare in defectu, quã in excessu.

science of the most skilful Physician, but by a rational Conjecture; untill the first experiment and tryal of their bodies, (which uncertainty, is not in the Medicine, but in the diversity of bodies); and after the first Dose taken, your own reason then, considering the condition of your body with the former, will prompt you in the next, whether to keep to the same, to augment, or abate.* And remember this as a necessary caution, that you covet not strong Purges and large Evacuations, to have many stools in a day (a common error) which offers violence to Nature, and forceably sweeping down both good and bad together; * but rather choose to draw away the offending matter gently by degrees, giving Nature time for separation, the pure from the impure and noxious: four or five Stools in a day is sufficient, but not to exceed six; and that number I intend you to aim at and no more; and thus doing, you will find Physick much more beneficial, nature more

* Solutiva enim fortia cum succis exuperantibus magnam spirituum faciunt solutionem.

* Eradicativa evacuatio optimè perficitur per plures evacuationes minorativas.

more kindly assisting, and not at all weakned.

Some there are, who, unless their Physick work half a score or a dozen times, think they have kept House for nothing, and their Money cast away, accounting the goodness of their Physick by the number of Stools; but they deceive themselves very much in desiring strong Purgations, which weaken and impair Nature, and thereby you protract your Cure and not hasten it.

Concerning preparation before Purging, much talked of; take this Advice: that soluble bodies, readily yeilding obedience to gentle Purging Medicines, need no other preparation than what nature hath provided in the disposition of their own bodies; but for those bodies that are more hot, dry, costive and very stubborn in Operation, it will be advantagious to facilitate their Purgation, by eating stewed prunes, water grewel, or barley broth with raisins and currants, or by drinking whey, or sider, two or three daies before, which will prepare, moisten, cool, and open your body, and make it more soluble and easy in purging.

The times for taking these Pills generally

nerally is thus, (except good reason, in some bodies, perswade the contrary:) Take one Pill over night going to bed, having eaten but a light Supper at six of the clock before; the next morning early in bed, take the remaining part of the Dose; and you may sleep an hour after if you be dispos'd, but not longer; nor lie long in bed after, lest you check the Operation of the Medicine, and thereby cause you to be sickish at Stomack in your rising: when you are up, drink a little warm posset-drink, made of small bear, or small Ale, or thin broth for this purpose, and forbear eating until noon: but although these Pills are appointed to be taken, one over night, the other in the morning; yet if you find any inconvenience thereby, you may take the whole Dose in the morning very early, and lie two hours after: But if you have not a just cause for alteration observe the Prescription.

These Pills take thus every fourth or fifth day, and you will find it best to give such intermission: Chronick or old Diseases must have time to be Eradicated, and you must reduce nature from an ill habit

habit by degrees,* better than haſtily; As diſeaſes come on, gradually prevailing upon and ſeducing nature from her Integrity; ſo nature by degrees, muſt be brought off and reſtored again to her power and regularity. *Cum natura malè ſuſtinet repentinas mutationes.*

*Semper expedit paulatim ducere quàm ſubitò.

For going abroad after your Pills that day, if you deſire it, or occaſions require, take this advice; if your body be indifferent ſtrong, not apt upon ſmall occaſions to take cold, the ſeaſon temperate and fair weather, having moderated the Doſe of your Pills, ſo as to work but three, or four times at moſt; you may then go abroad without prejudice: but if it fall out to be otherwiſe, then it is better to keep in, that day.

If any ask, At what times of the year theſe Pills are to be taken; I anſwer, you may ſafely and with benefit, at any time of the year, provided you order your ſelf ſuitable to the ſeaſon; that is, in Winter-weather, a warm Chamber and good fire; in Summer-hot weather, a cool Room free from the Sun; be moderate in Cloathing, and gentle in Motion not to heat your ſelf.

For

For the Mornings in the midst of Summer, they are temperate and fit for Physick, and the Operation will be done before the heat of the day; so that in this temperate Climate, you may take Physick (with discretion) at any season of the year, the Dog-daies not excepted, although it is an opinion among the vulgar, that that time is dangerous; but that is a vulgar error, easy to be refuted.

Of Restoring and Rectifying the Digestions, necessary in Curing the SCURVY.

IN the preceding Discourse of that Treatise where the Scurvy is manifested and laid open in the causes and manner of Generation; you find it planted and Radicated in the Digestions, or Digestive Offices; by whose Aberrations from Integrity, and frustrations of performing their Duties as they ought, this Disease is begotten: in the Cure therefore, we must have an eye to their Deficiency in Vigour, and Deviation from the Rectitude and manner of their performance being Alienated and Depraved.

The

The former Medicine *viz.* the Scorbute-Pills was designed, to cleanse and carry off the Producted Scorbutick matter; another Medicine also must necessarily be invented to Roborate and strengthen the Faculties, to restore and confirm them in the performance of their Functions; or else the like Scorbutick matter will be generated again, and nature will soon relapse into the Former state; In vain it is to pump, except you stop the Leak; Purging, carries off the Degenerate matter, and does a necessary work; but that does not Vigorate, re-inforce and give new strength to the Digestive Faculties, that were tyred and alienated in their Principles: that must be done by another Medicine, whose property is to excite, unite and joyn with the Principal agent in each faculty.

To make this more plain and easie to be apprehended by indifferent Capacities; first I shall shew you how nature does perform her daily work; Then I shall shew, how she declines and falls off; and Thirdly, I shall manifest how she is to be assisted and restored.

So soon as food is received into the body, nature presently falls about her business, to digest, to dissolve, & separate the parts

parts of it, to volatise, to distribute and transmit from one digestive office to another, to sequester and throw aside the unprofitable and excrementitious part, to attract and suck in the alimentary, to refine and alter it by several elaborations, to extract and draw out the pure spirituous part for supply of spirits, the rest assimilated into the humoral and solid parts; from hence the body is preserved, and maintained in strength and vigour: and this is Natural Chymistry, performed every day in mans body in the regular course of nature; but when nature declines and fails in the ordinary and daily work of her own preservation, whether by intemperance, improper food, irregular and injurious customes or accidents, or Spontaneosly from an Imbecile Radication of principles, and bad Crasis of parts; the body then decayes apace, when the principle functions are weakly and depravedly exercised; necessarily then an Auxiliary means and Assistant must be applyed to restore nature to her strength and regular course again; something that must accuate and vigorate nature, that must excite and cooperate in Conjunction with the movent principle; that as a new Spring,

will

will give power and force to the faculties. Considering this so necessary and useful in the cure of most Infirmities, as also to establish and confirm a Cure wrought from Recidivation and Relapse; I thought it a principal work to find out and form such a medicine as may answer the intentions proposed, and therefore have by several tryals and improvements effected and wrought such a medicine to that degree and competent power, as is very efficacious in the deficienties and enervation of the digestive faculties, to Restore and Roborate them in their functions; which medicine is called, and known by the name of *Catholic Elixir* (now altered and improved)

And this was the custom and manner of the ancient and most famous Physicians, to acquire by their proper labour and sedulous industry, some great *Arcana's*, secret and choise medicines of excelling vertue, which they esteemed as a treasure, and gave them peculiar names to be distinguished and known by: and that such medicines might be known to the world, for the good and benefit of the Diseased; they did publish their vertues, as *Angelus Sala* in the Preface to his Pre-

Precious Antidote, does apologize for himself in doing the like: *Etiam magni nominis medicis solenne olim fuit, medicamenti alicujus particularis virtutes, quas quisq; accurata observatione annotaverat peculiari quodum tractatu literis consignare.* Oper: Med: Chym. pag. 420. sayes he, It has been the ancient custom of Physicians, & those men of great fame, to write a Treatise of the vertues of some particular medicine, which they had noted by strict observation; then he extols the efficacy and worth of his medicine, and excuses the concealment of the preparation.

Helmont also, that great Philosopher and Physician, had his private medicines which he highly valued; so also in the Writings of the most Eminent Physicians, we find they had their *Arcana's*, secret medicines which they would not discover, save only their vertues and manner of use; therefore I may say as *Angelus Sala, Quod si illis hoc vitio non fuit datum, neque mihi, qui eorum ad exemplum.*

But since the late fashion of Prescribing came up in use, some ignorant buzzards which I could name, that have objected this against me, (perhaps

haps of our own Faculty) think this an empirical way; but therein they discover their ignorance, not knowing the ancient and most legitimate way of Practice, and what is the whole duty of a Physician: See what Famous *Quercetan* sayes upon the Question, *An medicum deceat Φαρμακοποιεῖν? Quer: Rediviv:* pag. 218. Whether a Physician ought to make medicines; He will tell you, you are *Pseudomedicus*, a Counterfeit Physician, if you do not make medicines. Pray look there, and then you will say, 'tis a shame for a Physician not to be expert in making medicines.

As a duty, and following the Example of the most Eminent Physicians. I have been and am a constant labourer *in Pharmacy*, thereby to acquire and purchase the choisest Medicines that Art and pains can procure; and by continual making, and altering upon tryals, I have purchased as noble Medicines I think, as any man can procure; not but that other Physicians that have been thus diligent in Preparation of Medicines, as I have been, may have as good; but without this Labour and Industry, no man can be master of such. In particular, the forenamed *Elixir*, as it is now improved

proved and advanced, I have a great esteem for, and is a great assistant to the Stomack in the office of Digestion, for it mainly fortifies and roborates that Faculty, so that the bad effects of a weak or depraved Digestion, are notably Corrected and amended; as crudity and indigestion, flatulency or winde, Nausiousness or Vomiting, Fulness or Opression, Loss of Appetite, Eructation or Belching; and this it performs by assisting the Stomack's Digestive Ferment, being deficient and decayed by Age, Intemperance, Incongruous Dyet, Disorder, or Natural Infirmities.

One Case amongst the rest, relating hither, I well remember, which I think good to relate: A woman that had been troubled with the Scurvy for some years though scarce taken notice of, but supposed to be from other causes, what symptoms did appear; amongst the rest, for some time she was molested, especially in a morning with a driness in her mouth, and an ill taste; afterwards her stomack would nauseate sometimes, and soon after did begin to vomit: whereupon she took several medicines to stay vomiting, and to strengthen the stomack, but all in vain, and rather aggravated her

her Griefs, straining to Vomit with more violence, and little or nothing came away: when I was made acquainted with it, and understanding the Symptoms to arise from the Scurvy; upon examination of the whole matter, I sent her this *Elixir* with directions; and at the third or fourth Dose, her Vomiting and nauseating was gone, and much at ease: then I appointed her the Scorbute-Pills, to be used intermittingly with this *Elixir* for some time; and soon after, the other Scorbutic Symptoms which molested her, vanished, and she regained her former health: Whereby you may observe that the Scurvy will not be tamed but by Anti-scorbutic Medicines: and although some Symptoms of the Scurvy be common and like with those from other diseases, whereby many are deceived in their causes; yet, if they arise from a Scorbutic Root, they will not be cured but by Anti-scorbutic Medicines; and therefore what Symptoms of Sickness do appear in any person, ought strictly and nicely to be examined by a discerning judgment, to know the right spring and foundation of their Rise.

But to proceed, Not only the Stomack and first Digestion is benefited and assisted by this *Elixir*, but the subsequent Di-

gestions are promoted, and their defects corrected hereby; and this Medicine I use successfully against many Infirmities seated in the Mesentery, Guts, Liver, or Spleen; as when they are languid and weak, degenerating and falling off from their duties, are obstructed with crude depraved Matter; wanting Spirit and Vigour, and acuteness of Ferment fit for their proper works; from whence Hypocondriack Melancholy, Stitches, Pains, Tumors, and flatulent Distensions of the Hypoconders and Belly: In such cases, this Medicine penetrates attenuates opens, and discusseth, roborates and gives great relief; and likewise for Melancholy drooping Spirits, and Palpitations of the Heart, Angustness and Compression about that Region, arising from a Scorbutic Feculency and Impurity; an ill-affected Spleen, or Matrix, from whence Vapours do assurge to afflict the heart and vital Spirit; this *Elixir* is a proper help, and also effectual in Scorbutic Asthmaes, difficult and short Breathing, Coughs and Scorbutic Consumptions. But of these you may read at large, in my Treatise *of Consumptions*, and I have there appropriated two excellent and highly graduated Medicines for Consumptive persons; a Restaurative Essence, and Balsamic

samic Extract, with which I have recovered some, beyond expectation.

That you may be the more cautious in examining the Symptoms of Diseases, what foundation they have, and whence they do proceed, that you may not labour in vain for a cure; I have noted a remarkable Case in a Patient of mine, worth your Observation, which was thus: A young man about thirty years of Age, a Student and tenderly bred, was subject to short and difficult breathing, but without a Cough, or very little; he was advised to many Pectoral Medicines to open and dress him the Lungs, which he used, but with little effect: his Disease by time increased upon him, and he was troubled with palpitation of the Heart, and stoppage of Breath, in his Sleep, that he was afraid of Suffocation; he then unhappily fell into the hands of an Emperick, who purged him with violent Medicines so, that he began to be Hydropical, did puff up, and limbs Swell, nor did the other Symptoms abate. After this and other passages (too long to relate) I was sent for, and examined the Patient; found his complaint was chiefly under the Diaphgrama toward the Orifice of the Stomack, that his Lungs were good, and the Cause of his short and difficult [illegible] breathing

breathing was not in the Breast, but by Compression of the Diaphragma, from a turgid æstuation of Scorbutic matter, which threatned Suffocation sometimes: (And upon this very cause, I knew a very Learned Doctor of Physick, that died suddainly in his bed): I perused and made inspection into the Urine, and examined his Pulse, as now and formerly; both which consented to, and confirmed the Scurvy: Then I examined, what Medicines had been given him; and those were most Pectoral, except some churlish Purges, after which he was much worse, and began to swell; and now he was about to take a Dyet-drink for the Dropsy, which was like to prove as the rest: but the Patient committing himself into my hands, I bad him desist from all Medicines but what I appointed; and first I gave him this *Elixir* (he being very weak) which as a Cordial did revive him, and after a few daies was much altered for the better, and slept more quietly, with a greater freedom in breathing: he continued this alone, for ten dayes; in which time he gained strength and had a stomack to his meat: then I directed him the use of the Scorbute-Pills, which abated the swelling of his Limbs at twice taking, and proceeded in the use of these two Medicines. Lastly, I appointed him

him the Sudorific Medicine hereafter mentioned; and in a short time, he was reduced by this course to good health and free from his former Complaints. By the whole Story you may observe, First, that the Scurvy is disguised, and appears in the shape of other Diseases. Secondly, that those Diseases so counterfeited, are not cured but by Radical Medicines which are Anti-scorbutic: and therefore it much concerns the Sick, that their Diseases be rightly stated and determined by one that can make a true internal Discovery; and not according to external Appearance, and common Symptoms, which is very Fallacious.

But I proceed to let you know farther, How and wherein this *Elixir* is useful to me in Practice; and that in suddain emergent cases of fainting: as also in Languishing Diseases, and Cases of Extremity when the Patient is spent and brought so low that no Physick can be Administred; this, as a relief and support to the Languishing decayed Faculties, may daily be exhibited; and this I have frequently proved: particularly, a Person of Honour, given over by his Physicians, being spent and decayed and highly swoln in a Scorbutic Asthma and Dropsy, was gasping for breath, when I came to him; but exhibiting this *Elixir*, he

he did wonderfully revive, and his difficult & short breathing was much enlarged and eased for a few daies, for which he did Extol the Medicine: but, being past the possibility of Recovery, and incapable of other Medicines, requisite or Cure, he dyed.

But some may object: This possibly may be a good Medicine in desperate Cases, and approaches of Death; but how can it be proper and fit for a man that can eat his meat well, and walk abroad, only inclining to the Scurvy, and some small Impediments from thence? I answer: That Medicine which is endowed with so much Vertue, to bring relief to a decayed or dying man; must needs be of great power and efficacy, to give Vigour and strength to all the Faculties: Now Scorbutic Infirmities, or impediments of what sort soever, do arise from the Imbecillity, Aberration, or Declining of some Faculty in the Body, injured or decayed which requires a generous and noble Medicine to Rectifie and Vigorate, (at least, it will better be performed by such) not a languid dull Medicine; and therefore this Objection is vain; for the greater power a Medicine hath, the more likely and better to do the business be it little or much: and therefore if your Case require help, do it by an acute Vigorous Medicine,

Medicine, and you may expect your Infirmities to be removed, *Citiùs tutiùs jucundiùs*, in a shorter time, with more safety and certainty, with less disgust in taking or trouble in Operation.

Now the main Scope and Intention of this Medicine, is, to relieve the Spirits Oppressed or Exhausted, to *Discuss* Flatulent Vapours, to open Obstructions, and to Rectifie and Roborate the Digestive Faculties, from whence Scorbutic Symptoms do arise; and such a Medicine is necessarily required in the cure of the Scurvy, and its Complicated effects.

I have briefly shewed you the power and properties belonging to an Anti-scorbutic Medicine, requisite to be used in curing the Scurvy: such a Medicine I say is required; tis not Purging alone will do it, but other Operations must joyn to effect the purpose. For advice and rules to those that use this Catholick *Elixir* (living fart distant from me) that they may not Erre in the taking of it, let them observe as followeth.

That in the use of this *Elixir* with the Scorbute-Pills, it is best to begin with the Pills; except the person be very weak, or spent, and first require some strengthning

and reviving Medicine, then you may first begin with the *Elixir.*

Also that this *Elixir* is not to be taken those daies you Purge, but every Intermitting day between Purging.

That this *Elixir* is not to be taken or tasted alone but mixt with some good Liquor, and that ought to be the best Canary; for bad Wine alters and abates the Virtue of the Medecine. It may be taken in French-wine, if the Patient cannot agreee with Sack.

The Dose for man or woman, is thirty drops: for ten years old, twenty drops; for five years, ten drops.

And observe this; that at the first taking you begin but with half the Dose that is appointed for your age; as thus: thirty drops is appointed for a man, let him begin with fifteen or sixteen drops, and then augmetnt two or three drops every day after, until he ascend to thirty, and then there continue that Dose afterwards.

Take it (in Bed if you be weak) in a spoonful of Sack, every morning, fasting an hour and half after; and at five of the Clock After-noon; but you are not so strictly to observe the after-noons, but, if that your occasions do not well permit (as when you must be abroad or the like,) you may omit. In

In keeping this *Elixir*, let it be well ſtopt; for dropping of it exactly, a Cruet is beſt. Some may ask, What time of the year this Medicine may, or may not be uſed; I anſwer, No time of the year forbids the uſe of it; but it is profitably taken at any ſeaſon of the year: nor may women forbear the uſe of it at ſuch times of the month, when all other Phyſick is forbidden; but is helpful to Nature at ſuch a time, in procuring them with more eaſe and freedom.

Of Curing the Scurvy by Tranſpiration, and the neceſſary uſe of a good Sudorific Medicine.

THe Scurvy is not a particular Diſeaſe limited to this or that part of the Body, but extends it ſelf throughout the whole as appears by the variety of Symptoms, in ſeveral parts of the Body; and being of this extent, Medicine alſo muſt have the ſame Latitude of Operation to proſecute and reach into its utmoſt and fartheſt quarters: Purgation that cleanſeth the Central and more inward parts, as the Stomack, Guts, Meſentery, Liver and Spleen: Tranſpiration that reſpects chiefly the habit of the

the Body and external parts, purifying the Mass of Blood, and vital streams.

These two Operations are necessary for Cure in most Scorbutic cases, as the following discourses and observations in Practice recited, does manifest.

Some there are that deceive themselves, and lay the whole stress of the Cure upon Purging, and that they prosecute very often (and it were well if the purgatives be proper) but the effects may inform and tell them, that there is something else requisite; and they find it so. The *Scurvy* is not so easily dislodged and thrown out by a single Operation of Medicine; but requires rectifying and strengthning of the Digestive Faculties also, and depuration of the Blood.

The Body of man is perspirable, and in his due state of health continually more or less doth transpire and breath out humid vapours and a superfluous moisture by the Pores of the Body; hereby the Mass of Blood and habit of the Body is cleansed and discharged of that which is superfluous or impure and unfit to be retained; and this insensible Evacuation is so requisite, that without transpiration the Mass of Blood cannot be depurated, but remains muddy and defiled, which forceth Nature to a dis-

tempered

tempered fermentation and morbific Eruption: Proper and amicable Purgation doth well, acts a good part, and ought to be præmitted in most cases, which alone do check a Disease and lessen it, by carrying off all morbific matter in the lower Region of the Body; but if the Mass of Blood, and habit of the Body be tainted and corrupted, the vital stream and those parts irrigated and fed from thence, are not purified as they ought, but by Exsudation and Transpiration; and the *Spirits* that are clogg'd and infected by impure matter, which darkens their light, causing Melancholy and indisposed heaviness, are hereby relieved and unfettered, become brisk, aery, and lively as before.

And in promoting this Operation we imitate and assist Nature which continually does *Emittere & Transpirare per Poras*, at least ought so to breathe forth superfluous vapours and humidity, and when this is cohibited and restrained, by occlusion and shutting up the pores by cold or otherwise; or Nature unable thus to relieve and discharge her self by reason of debility and insufficiency in separating and protruding; it is not long but some Disease, or many, ariseth from the course of Nature thus impedited: either a sudden febril æstuation;

or erratic pains in this or that part; or a flow eruption of grosser matter sticking in the skin discolouring and spotting of it; or bringing forth Scurf, Pustules, or other Extretions.

By this you may understand the benefit that doth arise by the regular course of Nature in her daily Operations and Excretions, and the profitable assistance of Art in promoting them when impeded, as also the prejudice and damage by the contrary.

And here I shall relate to you the Case of a Scorbutick Patient, pertinent to the proceeding Discourse.

A Gentlewoman, aged between Forty and Fifty, formerly fatt and fleshy, but reduced to a lean state; being troubled for some years with a lassitude or wearinesse in her Limbs, and Indisposition to Action, and with pains at some times: afterwards in *Autumn*, a weakness and numbness possessed her Limbs, that disabled her in going: All this while she was not negligent to seek for help, had such Advice as the Country did afford, and used many Medicines; but her Disease prevailed still, each *Spring* and *Autumn* being worse than the former: it hapned that a Relation of her case was sent to me, (she living a great distance

distance from *London*) what was wanting in the first Relation, I interrogated in my Answer, and the next Account I received, did fully satisfie me: I found the Scurvy disguised to act in several Scenes, after a different manner: the Medicines she had used were proper for the Symptoms that did appear, barely considered, but not as they had a Relation and were grounded upon the Scurvy, which being undiscerned did frustrate all the Endeavours for Cure: Letting of her blood was injurious, and she grew worse upon it; soon after, a Stupor or Paralytic numbness seised her: To be short, she was committed to my care and management; I sent her three Anti-scorbutick Medicines, namely, my Scorbute-Pills, *Elixir*, and Sudorific Extract to be used in that order and method as the Medicines and her Condition required: at the months end she gained the use of her Limbs, but were something weak; yet no pains as formerly: and upon the use of the Sudorific Extract, some spots were driven forth, and the Latent Scurvy did appear and satisfied them more fully, what I had determined of her disease: The Winter being very sharp, did sometimes interrupt her Course, and retarded the compleating of a Cure, which else

else might have been finished in a shorter time. At the beginning of *March* I set her into the same Course again, which was diligently observed; and in *April* following she was perfectly restored: In the Course of these Medicines (according to the Account received) I observed her pains to lessen and cease upon the use of the Sudorific Extract, and not before; which Medicine chiefly restored her the use of her Limbs; and it was reason to expect, the greatest benefit, as to that particular in the Case, should acrue from a Diaphoretic Medicine; that searching and penetrating the habite of the Body, by transpiration and breathing Sweats should dissodg and discusse the Scorbutic Matter which infested the Nerves and Muscles, impeding and disabling the parts in their Motion and Action.

By such Examples as this, and other different Cases as to the Symptoms, yet parallel with it as to the parts affected and Morbific Cause; I was fully satisfied that a Sudorific Medicine was of necessary use in many Scorbutic Cases, and without which, a Cure could not be performed; I therefore prepared a Medicine that might effectually answer the scope of that intention, which might operate by Transpirati-

on,

on and gentle sweating; and, by a kindly assisting of Nature in that operation, might depurate the whole Masse of blood, and free the habite of the body from any Scorbutic Impurity and Degenerate Matter, which at certain seasons of the year, and by accidental promoting Causes, ferments, and produceth various internal Distempers and Diseases, Scorbutic Feavers, continual and intermitting Quotidian, Tertian and Quartan, Head-aches, and Pains in several parts, Pleurisies, Asthma's, *&c.* or external and Cutany-Difedations, as Spots, Scurff, Scabs, Pustul's, Tettars, Ringworms, Tumors, *&c.* And because our blood, especially in these Northern Climates, doth abound with a *serosa Colluvies*, a *Serosity* or *Superfluous* watery humor; a good *Sudorific* Medicine is of great use; for when this serous matter abounds and increase the ther by the insufficient Attraction & *Separation* of the Reins, that should expend and drain it; or the Pores shut up, and Transpiration denied, that should insensibly exhaust it, doth then by Preternatural Retention degenerate and change its Nature and Properties; that which was mild turns acid, sharp and molesting, and variously degenerating doth cause several Diseases and

Pains

Pains in divers parts of the Body as it Circulates in the Veſſels; or extravaſated and wandring about being expulſed from part to part as hoſtile and injurious) by the ſtrength and fortitude of the *Archeus* or innate ſpirit that inhabits as the Life-guard in each part of the body.

This *Sudorific* Medicine prepared for the purpoſes aforeſaid. I appoint in all *Scorbutic* Caſes, requiring Tranſpiration or *Sweating*; and I find great ſucceſs in the uſe of it (eſpecially being now much altered and improved) Many Diſeaſes are expulſed by Sudorificks, that purgatives cannot prevail againſt; the reaſon is this; Firſt, becauſe ſome Diſeaſes do ariſe, and depend upon a flatulent Spirit or Meteor that is generated in the body; and theſe Diſeaſes are more accute and dangerous, than others, becauſe their matter is more active, ſubtile, and of ſuddain motions, being of the Nature of a Spirit, is more penetrative and irreſiſtible in its motion; as Apoplexy, Epilepſy, hiſterical Paſſions, Peſtilential Seminaries, ſuddain Swoonings, *&c.* Which do not yield Obedience to Purgatives, being of a more ſubtile ſpirituous nature, is not ejected by Vomit, or Stool as groſſer Morbific Humours are; but requires a Medicine equivalent and proportionate

proportionate to their Nature; that is, penetrative, subtile and acute in Operation, proper to discuss, evaporate, and transpire. Secondly, many Diseases though arising from grosser and humoral causes, that would obey the Power and Virtue of Purgatives; yet by reason they are lodged in the habit of the body and more exterior parts, are out of distance and beyond the reach and sphere of their activity: but a good Sudorific penetrates and searcheth all parts, raiseth the Seminaries, and enters the secret Dormitories of lurking Diseases, and gives them expulsion by its subtil Operation and acute Power: and here I remember the condition of a Patient which I will relate to you, pertinent to the present discourse. A young gentlewoman of a fair Complexion and very clear skin, by Melancholy (and other causes) was much altered and become brown, muddy, and discoloured in particular places; afterwards a Scurf did arise and some Pimples here and there, which was troublesome by itching: this Gentlewoman was let blood and purged often, but still her trouble remained: then she was advised to a Wash to clear the skin, and to take away the heat and pimples; which did take effect in a few daies, but upon retiring of this humour

mour inwards, she fell desperately sick, with violent pains in her head, and ready to faint away often. Hereupon I was sent for, and examined the whole matter; and finding the acuteness of her sickness to arise from an imprudent repelling of a humour, and forcing it back upon Nature, which she had brought forth to the skin; I immediately appointed her a Dose of my sudorific Extract to be given her, which put her into a breathing Sweat; and when the Medicine had done its Operation, her pains and sickness were almost gone: the next day I appointed another Dose to be given her, to sweat gently for two or three hours, and before the Operation of the Medicine was spent, her pain and sickness quite left her; and then appeared some of the former Symptoms again upon the skin, but without itching. The present danger of her sickness being over, I caused her to rest two or three daies, and gave her an *Elixir* to take every day, to cherish Nature and recover her strength: then she fell to the Sudorific Extract again, to cleanse the Blood, and to breathe out that impurity which was lodged under the skin; with convenient intermission she repeated this Sudorific Medicine three or four times more, and then the former

Symptoms

Symptoms quite left her, and ſhe regained her former beauty and clearneſs of skin. By this you may underſtand, that a *Sudorific* Medicin ſome times is effectual, when Purgatives cannot prevail; yet 'tis injurious to Nature, to draw back again what ſhe hath protruded and brought forth to the Circumference of the Body: and therfore they that rely and inſiſt too much upon Purging, thinking to cleanſe the whole Body by that Operation only, are much deceived: Purging is good but not alwaies; other Medicines muſt come in and take their place, according as the caſe requires: Purging cleanſeth the Center, but *Sudorificks* purifie the exterior parts.

That you may know when a *Sudorific* Medicine is required as neceſſary, and advantagious to the Cure, I'le tell you in what caſes I appoint this *Sudorific* Medicine to be taken: In curing the *Scurvy*, I find good ſucceſs thereby, to cleanſe and purifie the Blood that is degenerate and vitiated with a *Scorbutic* taint and impurity: or when the Pores are occluded and imperſpirable, the Body tumified and puft up for want of tranſpiration and ventilation; when pricking pains or itching in the fleſh moleſt and trouble, by a ſaline or acrid Seroſity extravaſated, and erratick;

when

when spots, tumors, pustul's, scurfe, pimples, or such like appear upon any part of the Body: This *Sudorific* Medicine discusseth and discipates the confluence of Humours tesorting to any part, opens the Pores, transpires and drives out the extrementious matter, congested and lodged under the skin: also when a Lassitude or wearines possess the Limbs; when the spirits are torpid, dull heavy (as it is the case of many *Scorbutic* persons) being alienated from their purity and wonted vigour, by a degenerate and depraved alimentary succus, cloging and fettering them, that should support and maintain them with an additional supply of a congenerous extraction; in this case a good *Sudorific* is the best relief, to depurate the Vital stream, and alimentary liquors of the Body, from whence the *Spirits* receive strength and vigour again.

The Dose, and Circumstances that attend the taking of this Sudoific Extract is thus: to a man or woman of a weak tender body; at first I give a dram and half, the next time two drams, but stronger bodies I give two drams at the first dose, then two drams and half, almayes beginning with a lesser dose; and encrease the quantity,

quantity, as from the quantity of a Nutmeg to a Chestnut, according to the condition and strength of the body after tryal: First, because there is great difference in bodyes, some require more; as hard, dry bodyes and thicker skinns, being more difficult to transpire; and some less, as tender, moist bodyes, of a rare Texture, and open Pores, more apt to breath out. Secondly, Nature is better pleased to receive some Medicines gradually, then imposing a full dose at first; if Nature takes a disgust to a Medicine, she seldom agrees with it after, though it be never so good: therefore at the first begin with a little dose (for tryal) though the Medicine be very amicable, and the next time you may encrease, and take a little more.

à leviori-bus incipere, & procedere ad fortiora, est ordo Sapientum.

The manner of taking is thus, Roll it in a little Sugar, and swallow it down.

Take it at Night (having eaten but a little Spoon-meat for your Supper) in Bed covered warm; and a quarter of an hour after, drink a draught of Rosemary-Posset, or Mace-Ale, then you may sleep as you find your self disposed. Or you may take this Medicine

dicine in a Morning very early, after the same manner, and lye in Bed half that day, sleep if you will, that does not check the Medicine, you will have the benefit of Transpiration in your sleep: *Somnus Cohibet omnem evacuationem preter Sudorem aph.* nor are yon to expect great Sweats, but only moist Breathings, not at all troublesome.

Some perhaps being too hasty and desirous to effect their Cure, may think one or two great Sweats may do as much good as half a dozen gentle breathings, and so shorten the time of their Cure; but I cannot approve that Course, to impair Nature by violent and large Exhaustions; you thereby frustrate the benefit of the Medicine, which rightly used, will prove very successfull for the purposes appointed. This Sudorific Extract may be taken twice in a week, on the intermitting dayes when you do not purge, having first taken three doses of the Scorbute Pills to cleanse the stomack and bowels, before you begin to Sweat, that the grosser matter and impurity of those parts be not driven into the habit of the body. For going abroad, ob-

Sæpius mediocriter Sudomovere, melius est quam Semel modum excedando vires prosternere.

serve

ſerve this, if you take the Sudorific in the Morning, you muſt not go out that day, the Pores being open: but if you take it over night, the weather not cold and ſearching, but temperate or hot; you may go forth next day, if your diſeaſe, ſtrength, and condition of body admit.

Thoſe perſons that uſe the three Anti-ſcorbutic Medicines before mentioned, do obſerve this order, except in ſome ſpecial Caſes, and complicated Diſeaſes, by particular advice: Firſt, they begin with the Scorbute-Pills to cleanſe the Center of the Body, as the Stomack, Guts, Meſentery, Liver, and Spleen: The next day and all the intermitting days be ween Purging, they uſe the *Elixir*, to ſtrengthen the declining Faculties and rectifie the Digeſtions: and after three doſes of Purging Pills taken, they begin with the Sudorifick Medicine, to purifie the Blood, and cleanſe the habit of the Body; and theſe are to be uſed twice in a week, proceeding alſo with the other Medicines in their turns as before. But now you are come to uſe the *Sudorifick* Extract, you may take the *Scorbutic* Pills but once in the week, whereas before you took them once in four or five days; this is my courſe and practice in curing the *Scurvy* and complicated

complicated Diſeaſes attending: which as it is a rational and exact Method according to the Canons of Art, is alſo verified by much experience to be moſt effectual.

The chief reaſon why I am ſo large herein the general uſe of theſe Medicines, is to avoid the daily trouble of directions in writing to each particular Patient, except there be good cauſe.

I have now finiſhed what I propoſed in my ſelf to make Publick: The Nature of this ſpreading Diſeaſe, the *Scurvy*; its variety of *Symptoms* and appearance, that it may be known though in a various dreſs and diſguiſe; the uſual complicated affects that aſſociate and attend it; its internal eſſential Cauſes, manner of Generation, and ſeat of Radication in the Body; the external procuring and promoting Cauſes; the chief indications for Cure; three Anti-ſcorbutic Medicines laid down as exemplars anſwering the ſcope of thoſe curative intentions; and ſome remarkable Obſervations in Practice; And this is the ſumm of the whole Work.

FINIS.